

# JULY 2016

## The Spencer Senior Center and Community Center

is open Monday through Thursday

**9:00 AM through 3:00 PM**

Our phone number is 508-885-7546

If you need help, please call to make an appointment and I will get back to you as soon as possible.

**Lunches are available Tuesdays and Thursdays at noon.**

**48 hour reservation for lunch**

*The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders.*

### ELDERBUS

IN TOWN TRANSPORTATION DAILY  
MEDICAL APPOINTMENTS IN WORCESTER ON  
MONDAY, WEDNESDAY FRIDAY.

48BUSINESS HOUR

### NOTICE

1-800-321-0243



I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIAL SECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNCILOR. PLEASE CALL THE CENTER AT 508-885-7546

## SENIOR TAX WORK OFF PROGRAM

You may be able to save up to **\$1000 off your real estate tax bills** by working for the various town departments.

You will earn \$10 per hour which will be taken off your tax bill. All departments use senior workers and there may be something you are interested in.

If you are 62 and up and make under \$20,750 for a single person or under \$49,200 for a married couple, you qualify to begin the program 7/1/16. Incomes over that amount may begin on 10/1/16.

Call 508-885-7546 for more information

## July Meals At the Center

Tuesday 7/5 : Beef Stew/Rice/Oranges

Thursday 7/7: Salisbury Steak/Mashed Potatoes/Fruit

Tuesday 7/12: Meatball w gravy/Noodles Fruit

Thursday 7/14: Chicken Fajitas/Pita/Rice/Pineapple

Tuesday 7/19: Chicken Sausage Jambalaya/Rice/Yogurt

Thursday 7/21: Beef Mediterranean/Potato/Mouse

Tuesday 7/26: Shephard's Pie/ Veggie/pineapple

Thursday 7/28: Chicken Cacciatore/Penne/Cake

*(All meals served with bread/milk)  
Served at 12:00 PM*

You must call and sign up 48 hours before the meal.  
508-885-7546. Sign up sheet is in the back of the room

We reserve the right to make substitutions

### Members of the Council on Aging

Pamela Woodbury-Director	Joan Houston- Member
James Letendre-Chair	Janet Goff-Member
Christine Alessandro-Vice Chair	Christine Mancini-Member
Susan Arsenault- Member	Sheila Phoenix- Member

2 openings available

## NEWS FROM SHINE FOR JULY 2016

### WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

#### IMPORTANT INFORMATION

ALWAYS REMEMBER THAT IF YOU ARE TURNING 65 YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. **MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS.** ALSO COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EXEMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, **AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65.** IF YOU HAVE ANY QUESTIONS YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering ma-**

**chine leave your name and number. A volunteer will call you back. You can now visit us on the internet at [www.shinema.org](http://www.shinema.org)**

#### “SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and ask about it.

#### CENTRAL MASS SHINE WEBSITE

You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with you insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

#### **Exercise/Yoga/Tai Chi/Line Dancing**

#### **You can still sign up!**

**Just come in and see me in the office.**

**Exercise & Yoga are \$15 each for residents**

**\$20 each for out of town per quarter.**

**Tai Chi & Line Dancing are \$10 each for residents**

**\$15 each for out of town per quarter**

**The quarter will run from July 1 through  
September 30.**

**Please see me if you have a financial hardship.**

**We can go over income guidelines.**

**The most expensive class is Tai Chi and Line  
Dancing which comes out to**

**77¢ per class for residents and \$1.15 per class  
for out of town.**

# THAT WAS THE YEAR.....1972

President and Vice President: Richard M. Nixon and Spiro Agnew

Headlines:      Black Lung Benefit Bill Signed Into Law  
                     Anti War Demonstrations Escalate in US Cities  
                     Georgia Governor Wallace Shot 3 Times in Assassination Attempt  
                     American Swimmer Mark Spitz Wins 7 Gold Medals in the 72 Summer Olympics  
                     Dow Jones Closes Above 1000 For The First Time in History  
                     Equal Rights Amendment Passes U.S. Senate  
                     Hurricane Agnes Kills 117 People on The East Coast  
                     Washington Post Reports on Watergate

Cost of Living:

And

Cost of Food

Yearly Inflation Rate **USA** 3.27%  
Year End Close Dow Jones Industrial Average 1020  
Average Cost of new house **\$27,550.00**  
Average Income per year **\$11,800.00**  
Average Monthly Rent **\$165.00**  
Cost of a gallon of Gas **55 cents**  
  
Kodak Pocket  
**\$28.00**  
Wrangler Jeans **\$12.00**  
ladies Timex Watch **From \$30.00**  
Stamp: 8¢

A few More Examples

Ford Pinto **\$2,078**  
Barbie Doll Designer Collection **From \$2.85**  
Frisbee **94 cents**  
Ladies Stylish Over the Knee Boot **\$22.97**  
Roxanne Ladies Swimsuit **\$30.00**  
Ladies Front Slit Dress **\$18.00**  
Classic Cook Center **\$474.95**  
White Contemporary Dinette Set **\$282.95**  
Hellmanns Mayonnaise **\$1.39**  
Fresh Strawberries Lb **31 cents**  
Ground Beef Lb **98 cents**  
Fruit Cocktail Can **20 cents**

Sports:

World Series: Oakland Athletics over the Cincinnati Reds 4-3  
Super Bowl VI: Dallas Cowboys over the Miami Dolphins 25-3  
Stanley Cup: Boston Bruins over the New York Rangers 4-2

Deaths

Jackie Robinson	Edward VIII	Howard Johnson
J. Edgar Hoover	Walter Winchell	Mahalia Jackson
Harry S. Truman	Maurice Chevalier	
Roberto Clemente	Charles Atlas	


What's New:

Hacky Sack                      Compact Disc  
Word Processor  
Pong Video Game



# JULY 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Quaboag on The Common Provides our					1	2
Birthday Cake on the second Tuesday of the month	4 	5 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	6 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line	7 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	8	9
10	11 9:30 Cribbage \$1 Bakery	12 9:30 Yoga 10:30 Exercise 11:30 Wellness Clinic 12:00 Lunch 1:00 Bingo	13 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line	14 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	15	16
17	18 9:30 Cribbage \$1 Bakery	19 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	20 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line	21 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	22	23
24	25 9:30 Cribbage \$1 Bakery	26 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	27 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line	28 9:30 Yoga 10:30 Exercise 11:30 B/P clinic 12:00 Lunch	29	30
31					All meals served with Milk and bread	\$3 voluntary donation Is suggested for meals

*All programs at the senior center are funded by a Formula grant through the Executive Office of Elder Affairs*